

New Shibashi Classes



Cost: \$8 / month
Wednesdays 4:30pm-5:15pm
#241838 March 6-27
#241840 April 3-24

Thursdays 2:00pm– 2:45pm
#241855 March 7-28
#241859 April 4-25



Shibashi is a gentle, free-flowing qigong routine utilizing movements from Yang style tai chi. The routine consists of an easy-to-remember sequence of 18 meditative movements emphasizing proper posture and deep breathing. There will be visualization practice and discussions explaining how you can cultivate energy that results in improved health. As you gain knowledge of the routine, the increased repetitions will result in improved flexibility and strength. You will also experience better concentration and periods of sustained relaxation and stress relief. Seated modifications will be available for those with physical limitations. Join this wonderful class and enjoy the changes it will make in your life!
Instructor: My Hao Tran



Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

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